



# CHOICES

*A Newsletter about Self-Determination in Dane County written by individuals with developmental disabilities, for individuals with developmental disabilities, their families and supporters.*

Vol. 15 No. 1, Spring 2013

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## Thoughts About Being a Diabetic

by Catherine E. Clodius

I was diagnosed with Type 2 Diabetes about 30 years ago and at first I was very gung ho about doing everything right. I was put on Metformin which is considered the gold standard for diabetes. I hate Metformin as it bothered my stomach and I was very non compliant about taking it. My doctor told me that the Metformin had stopped working and I was put on a different diabetes drug Glipzlide which is so much easier for me to take. In April my blood sugars were over 400 which is dangerous and my kidneys could have shut down and I almost died but was put on Insulin which has literally saved my life. My A1C was 8.5 which is too high and the normal is 4.0-6.5 and my last A1C was 6.8 which is still considered normal. My daily routine starts with checking my blood sugar and taking some of my meds and at 9:00 a.m. taking my



Insulin and the last med for the morning and eating breakfast. I check my blood sugar at 11:30 or so and then have lunch with a noon med. I finish the day by checking my blood sugar at around 4:30 p.m. or so and taking my meds at dinnertime and then finishing up the day by taking my night meds. If my blood sugar is low I will drink some orange juice and take my blood sugar to make sure that it is within normal range.

## SAVE THE DATE:

Friday, April 26, 2013

## InfoShare

This April, InfoShare will be exploring our senses, including sensory diets, therapy, relaxation techniques and more!

## Are you at a high risk for diabetes or have diabetes?

Simply Diabetes: Teaching Consumers How to Handle the Reality of Diabetes is a class for consumers that utilizes many hands-on activities, music, food tasting and pictures to assist in learning about diabetes.

Contact Waisman WIN at 608-265-9440 to discuss training options for individuals or agencies.

## Bear in Mind...



Monica Bear is Dane County's  
Community Services Manager for  
Developmental Disabilities

I was recently at Madison Museum of Contemporary Art admiring several mobiles hanging from the gift shop ceiling. Perfectly balanced these mobiles were objects of beauty but to remove any one piece would disrupt their equilibrium, causing them to droop, spin out of control or collapse altogether. 2012 provided occasions to reflect upon the ways that significant change can upset one's center of gravity, presenting both hardship and opportunity.

In December, Dane County opened a new Aging and Disability Resource Center (ADRC) at 2865 Sherman Avenue. I have had many days mourning the loss of colleagues and wondering when we will fill their empty offices or complete the work deferred in their absence. Nevertheless, the ADRC is an exciting addition to our community with the potential to benefit many. It provides a new front door for anyone needing information and assistance whether they are elderly, physically or developmentally disabled. Additionally, it provided growth opportunities for many well-deserving competent, long-term DD staff. In the coming months the ADRC will increase its community outreach and begin to educate us on all that they can offer. In the meantime if you need infor-

mation or assistance call 240-7400.

The cumulative impact of recent budgets has also disrupted the status quo. Many adults receive fewer hours of job coaching or residential support than they used to. Many more live in their parental home longer than they would choose. One can easily get overwhelmed and demoralized contemplating the fiscal limits of the human service system. Yet we remain a community of high expectations, that values innovation and is rich in resources. Adam's story highlighted on page 4 is an example of what is possible when individuals and families join together with willing schools, funders and providers. The family's clear vision, hard work, and high energy, combined with school support, start-up funding from DVR, the technical assistance of a self-employment specialist, on-going job coaching from a supported employment agency and long-term funding from Dane County has transformed Adam into a promising entrepreneur. Adam's team chose to see opportunity over hardship, multiplying their resources and improving their outcomes when partnerships formed.

In November, I attended a meeting in Waunakee hosted by Movin' Out, LOV-Dane and a local developer. Over a dozen families gathered to talk excitedly about a new project that aims to provide affordable, accessible housing in their community. With construction set to begin in the next year, the families began to imagine what it might take to provide their adult children the opportunity to live and work in Waunakee. While it is too early to say where people will channel their energy, this project has the potential act as a springboard for collaboration and shared action.

The County Executive's 2013 budget contains \$237,000 to offer modest assistance for fifteen people on the waiting list who currently have no services and an additional forty-five who have vocational support but no publically funded residential services. \$237,000 purchases slightly more than six months of care at a state center for the developmentally disabled. It covers the annual costs of four or five people receiving supported living services. In order for sixty people to benefit, we must:

- ◆ Engage and sustain as much family involvement as possible
- ◆ Decrease family isolation by increasing connections that lead to action for both the person with a developmental disability and the family as a whole
- ◆ Encourage partnerships, especially partnerships with positive initiatives outside the world of developmental disabilities

To this end the County will solicit new ideas from people with disabilities, their families, community members, employers, brokers and our provider community. With a new year upon us I hope to focus less on the hardship and seek the opportunity these changing times offer.

### SEEING BLINDLY II

By Dale Buttke

Sometimes I sit in low light  
Because GOD gave me good sight  
On one day, freshly falling snow  
Could barely see where to go  
And then I knew, I have snow blindness  
So I started to not open my blinds  
In low light, I see things very bright  
I can see things every night  
When I go out, I wear sunglasses  
And they are very dark sunglasses  
I have to wear them every day  
But people go by me and say  
Can that guy not see anything?  
Even on very cloudy days  
I wear my sunglasses anyway  
Because I am seeing blindly, it seems.

# InfoShare: Conversations About the End of Life

By Jeffrey Johnson

**T**he Fall InfoShare Conference was called “Conversations about the End of Life.” It

was held at the Alliant Energy Center on Wednesday, October 31. Monica Bear, Dane County Program Director, welcomed

everyone to InfoShare. The Keynote speaker was Tracy Schroepfer from the UW School of Social Work.

In the general session room, there were opportunities for participants to create art projects honoring their loved ones who had passed away. Molly Linn-Miller helped with leading this space.

The first morning breakout session I attended was called “Grief on Inside and Out” by Cindy Ragland. She talked about how people deal with grief in different ways. The people in this group talked about their feelings and how affects their life.

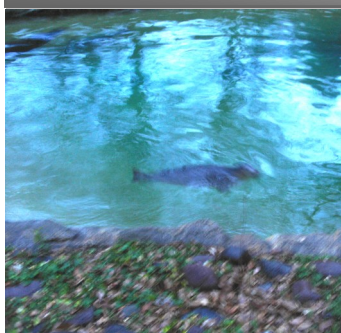


Tracy Schroepfer, Ph.D., InfoShare Keynote Speaker (Credit: Jon Pfeiffer)

*Continued on page 5*

## Dora's Pet Corner: Harbor Seals

By: Dora Norland

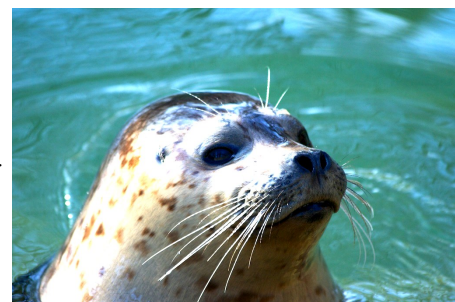


(Credit: Dora Norland)

For this issue I had a chance to see a baby girl seal. She was born in the month of July 2012. Her parents were the oldest harbor seal parents on record in the association of zoos and aquariums. They are forty-two years old and named Betty and Blackie. Generally seal pups are very precocious and are weaned in four to six weeks.

Seals belong to the group of animals called pinnipeds, meaning fin footed. Pinnipeds are not fish. Seals are warm blooded. The adults range in size from about eighty-five pounds (thirty nine kg) for female ringed seals to seven hundred pounds (two hundred kg). Many pinnipeds inhabit the coldest seas, which are near the north and south poles. Underwater pinnipeds stop breathing sometimes for as long as seventy-three minutes. The breeds of seals are leopard seal, elephant seal, eared seals, true or earless seals, fur seals, Hawaiian monk seals, harbor or common seals, harp seals crabeater seals, and ribbon band seals.

Did you know that laws now protect the seals from being killed?



(Credit: Skylar Primm)



# Take Your Legislator to Work

## Adam Notstad Recycling Business

By Jeffrey Johnson



Dennis Pris and Adam. (Credit: Deb Notstad)

On Bring Your Legislator to Work Day, I met Adam Notstad and his team at the Mandt Park Community Center in Stoughton. Adam has his own business called AdamCan Recycling.

Instead of his Legislators, Adam was visited by Secretary Dennis Smith and Pris Boroniec from the Department of Health Services. We were shown a video about how his can cruncher, “the Little Squeeze,” works. The Little Squeeze does 40 cans per round. Adam communicates through his Apple iPad. It has a touch screen with a program called GoTalk Now.

When Adam and his team turn in cans, they take it to Alter Metal. He has crushed almost a ton of cans since

he’s started. I watched Adam operate the Little Squeeze by himself. He has a device his staff hooks on to his wheelchair that helps him operate the Little Squeeze. One of team members helped load the Little Squeeze. The Little Squeeze was purchased from a company in Vermont. He currently collects cans at 37 businesses.

One of the sites that I watched Adam in action was at River Bluff Middle School. Two of their students helped Adam collect cans at their school. Principal Gates greeted Adam and his team. Adam used his Apple iPad to communicate with the two students. Adam is close to making minimum wage in his business. Adam has an accessible van where he gets to sit in the front passenger seat.

## Dylan’s Story

By Jeffrey Johnson

I interviewed Dillon at the food court at West Towne Mall in Madison. Dillon works for a restaurant at UW-Madison called Steenbock’s. His duties at Steenbock’s include sweeping, cleaning windows, and cleaning tables. He works from 8:00 A.M to 10:30 A.M Monday through Friday.

In October, Dillon participated in Take Your Legislator to Work Day. His legislator was Representative Hulsey, and he came and visited him at Steenbock’s.

Dillon likes his job because he is paid for the work he does there. He just started there recently. Teachers from Madison Memorial High School help him at work. He said different teachers work with him on different days of the week.

Dillon graduated from high school, but he will be in the transition program until he turns 21 years old. He loves to clean; he likes doing that kind of work. Dillon said that the people he works with are nice to him and he enjoys their company. Dillon likes working at the restaurant.



Rep. Hulsey, Dillon and Dillon’s teachers.

## InfoShare, continued from page 3



InfoShare participants chat during a break.



The next breakout I attended was called "The End of Life: What It's Really Going to Be Like." The two presenters were Andrea Wipperfurth and Karri Kelliher from Agrace Hospice Care. They talked to us about death and dying. The presenters also told personal stories of how hospice care was used in their own families. They said Hospice is a service that people can use in the last 6 months of their life. Hospice care does not mean giving up. Hospice services can be paid for by Medicare and Medicaid.

During lunch, The Encore Studio for the Performing Arts performed a play about a funeral and Ricardo Vasquez played the marimba. He was also one of the vendors.

The last breakout session I went to was called "An Open Conversation about loss: hearing others stories and sharing your own." It was hosted by Stefanie Primm and Nancy Murphy. The people that came to this breakout shared their stories with everyone in the class about people they loved that died.

At the end of the Infoshare Conference, they had a costume contest. Everyone in a costume won a door prize. The door prizes included gift cards from Red Robin, a bowling at Bowl-A-Vard Lanes, and free meals at Cracker Barrel.

### Fall Infoshare

By Dan Remick

I was at Infoshare on October 31, 2012 at Alliant Energy Center, from 8:30am to 3:30pm. The subject was on death. I talked about my mom's death that was in July of this year. My mom was 84 years old. I miss my mom right now. All of us had a good time with Mom. Well this is all for now.

InfoShare photos courtesy Jon Pfeiffer.





## Transportation Woes

by Jeffrey Johnson

### LogistiCare: Part One

**1** Many people have criticized the new medical transportation company for Wisconsin. The company is called LogistiCare, and is for Medicaid recipients to get to and from doctor appointments. State Legislators are asking for a review on the concerns with the company, and disability rights groups want their services to be moved and controlled more by an outside business.

Since LogistiCare expanded its services on September 1<sup>st</sup>, it has received as many as 100 complaints from all over Wisconsin. "Patients say they are missing lifesaving appointments" - because the ride they scheduled never showed up. Medical providers are worried about their patient's safety because they are staying out in the cold for long periods and not making appointments on time.

When riders call in for complaints, they will get a recording, not a live person-leaving them on hold for as long as an hour. According to state officials from the Department of Health Services, LogistiCare is trying to improve the length of time callers are on hold, but it is more than the three minutes mandated in their state contract. There have been many State Legislators who signed a bipartisan letter -they demand a full program audit to address these concerns and complaints that have been filed.

### LogistiCare: Part Two

**2** LogistiCare is a new transportation company in Wisconsin-it provides Medicaid rides to people with disabilities. Legislators and people with disabilities are unhappy with services from the company. In September alone they received 100 complaints from across the state. Many riders are having problems with LogistiCare, including missing important medical appointments because rides are late or do not come at all. The company was understaffed and unable to answer phone calls promptly, and didn't have enough providers to ensure scheduled rides. LogistiCare's service is unreliable for not getting people to their appointments.

At a hearing in October in Milwaukee, people had a chance to share their experiences. One woman that called to schedule her ride two days ahead of time-she had a health concern that needed immediate attention. She called Logisticare to pick her up for her appointment. She didn't have any issues scheduling her ride, but the day of her appointment they never showed up or called.

Logisticare is trying to make improvements on their phone wait time and on their transportation services. They hired 35 more people for their call center. They also added 128 more vehicles in Milwaukee. LogistiCare is willing to work with the state to solve the transportation problems for all riders. The riders phone calls to schedule rides will be down to less than a minute. There should be no more complaints from riders because now they have enough staff to cover all of their shifts.



### LogistiCare: Part Three

**3** There have been many problems and complaints with Logisticare and they will be ending their contract with the state on February 17, 2013. Riders talked about long wait times and no shows, and people missing life-saving appointments. There was a man from Waupaca County that had cancer and diabetes and died. He gave up because of the problems receiving rides with Logisticare and making it to his medical appointments. They were providing very poor service and provided more non-emergency rides than emergency rides. Adding Milwaukee doubled the estimated volume. Logisticare was losing money with the contract they had with the state. Logisticare will continue providing rides until February 17th. The state will have find a new transportation broker that will take over. The Department of Health and Human Services Secretary Dennis Smith agreed that Logisticare and other bidders did not have all of the data and information needed to submit a reasonable estimate of the costs to adequately staff. This situation will be corrected.

## Spotlight on SDS: Partners with Business

### Danielle's Jobs

By Jeffrey Johnson

Danielle Duerst has three jobs—two that are paid, and one that is volunteer. At her paid jobs she receives support through a model called Partners With Business. Danielle is working at Faith Living Center in Sun Prairie. She has been employed there since 2003. The people at Faith Living Center help support her with her duties. She cleans, keeps the residents company, and helps set the tables. Successful Work Options checks in on her periodically. She does not have a job coach; instead, she can ask her co-workers for help. She began all of her jobs before graduating from Monona Grove High School in 2008. One of her high school teachers helped her find her job at Faith Living Center.



Danielle also works at Daisy Café on Atwood Avenue in Madison, where she cleans windows, gets boxes together and folds them, and cleans the floor. Occasionally she will get a free cupcake.

She volunteers at the East YMCA on Cottage Grove Road in Madison. Danielle helps with the little kids and their programs—she likes spending time with the kids. She really likes being independent and receives natural support from her work place instead of support from a job coach.

Danielle enjoys all of her jobs and is good at them. She does not need someone watching her all the time because she knows whom she can ask at work when she has questions or needs help.

### Partners with Business: Kyle's Story

By Jeffrey Johnson

I interviewed Kyle and his team. In the past, Kyle worked seasonally for the City of Madison Parks Department for 2 years. He emptied barrels and raked seaweed. When he worked there he had a job coach.

Kyle started his work at Walgreens in December 2011 on South Park Street in Madison. He is supported at his job through a model called Partners With Business. Kyle's WORC Case manager checks in monthly. Also if he needs help he can ask one of the managers at Walgreens. The Vocational Agency WORC took the lead and trained him. Now Kyle is completely independent. Kyle jobs at Walgreens are cleaning the break room, the bathroom, emptying trashcans, and picking up the parking lot. Kyle works part time. On Wednesdays, he does extra work by unloading totes to help pay his bills.



The agency WORC thought this job would a great fit for Kyle. Kyle seems to enjoy working at Walgreens. The reasons he likes working there he likes to drive himself to work. Walgreens is near to where he lives. He has been going to the Walgreens pharmacy for years there is a lot of familiar faces and friendly co-workers. Working with Partners With Business has helped him to work without support and he likes being more independent.

## Columnists

### Cindy's Commentary

By Cindy Wegner

#### The Arc Annual Halloween Party

Arc of Dane County had a Halloween party on October 28, 2012. They had pizza, soda, chips, pretzels, and cookies. We also had frozen custard. The party was held at Pooley's. They gave out door prizes and awards for the best costumes.



Participants at the Arc Annual Halloween party.  
(Credit: Debbie Borth of Camerakisses photography.)

#### InfoShare

InfoShare was held on October 31, 2012. The program was about when you pass away. They had workshops. They made crafts. I made tissue paper flowers. They served lunch. There were door prizes and Halloween costumes.

#### Taste of Dane County

Taste of Dane County was held on Friday November 16<sup>th</sup>. It was a workshop where people listened to different speakers and learned about the kinds of services for people with disabilities. Paul White was one of the speakers. There were support brokers there, too. There was a panel of people with disabilities who answered different questions about their lives and then answered questions from the audience. People received certificates for taking

the workshop. They had soda and people went out on their own for lunch.



Cindy's golf outing: Cindy Wegner and WISC-TV's Sarah Carlson (see article in the previous issue, Fall 2012, of CHOICES.)

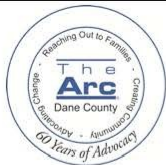
Credit: Debbie Borth of Camerakisses photography.

### Dane County Budget Public Hearing 💰

By Dan Remick

On Monday October 22, 2012 I attended a public hearing on the budget for all persons with disabilities that get funding from Dane County. I gave a little talk on what Options In Community Living is. All person in Dane County with disabilities want to keep our programs going. We know that there is no extra money to go around in Dane County. Many people who spoke would like to have more money for their programs in our county.





## 2013 Spring Ball



**Spring Ball** – sponsored by The Arc-Dane County, anonymous donor and The Madison Concourse Hotel – will be held on **Sunday, March 10, 2013** from **2:00 – 5:00 p.m.** at **The Madison Concourse Hotel, 1 West Dayton St., Madison, WI**. Tickets must be **pre-purchased** from The Arc-Dane County for each person. (Sorry, no free tickets for staff, attendants, or family members). The ticket includes the Spring Ball, light snacks and some hot snacks (2:15 p.m. 'til they are gone)

**COST:**        \$3.00 Arc-Dane County current member  
                      \$5.00 Non-member

In order to make preparations and plan for this event, ticket requests must be received by Monday, February 25, 2013. Upon receipt of the ticket request and payment, the tickets will be mailed prior to the event. Each person, family or agency is responsible for distributing the tickets purchased. If you have ordered too many tickets or need more tickets, please network with others so that the tickets may be used. Tickets will be distributed on a first come-first served basis.

**NOTE:**        All clients must carry emergency contact information at The Spring Ball.  
                      All clients must provide own transportation to and from The Spring Ball.

### **TICKET REQUEST FORM for Spring Ball 2013**

Note: The name & address below is where the tickets will be sent!  
Thanks for getting your ticket requests & payment in by February 25!

Name: \_\_\_\_\_ Agency: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_ Emergency Contact #: \_\_\_\_\_

\_\_\_\_\_ TICKETS @ \$3.00 (Arc-Dane County current member). . . . . \$ \_\_\_\_\_

\_\_\_\_\_ TICKETS @ \$5.00 (Non-member). . . . . \$ \_\_\_\_\_

**TOTAL DUE:**        \$ \_\_\_\_\_

**SEND FORM & PAYMENT payable to The Arc-Dane County:**

The Arc-Dane County  
 Paul A. Yochum, Exec. Dir.  
 6602 Grand Teton Plaza  
 Madison, WI 53719

**Note: Ticket requests must  
 be received by Monday,  
 February 25, 2013!**



FAX #:                833-1307  
 TELEPHONE:       833-1199

E-MAIL:             [arcdane@chorus.net](mailto:arcdane@chorus.net)  
 Web site:           [www.arcdanecounty.org](http://www.arcdanecounty.org)

## CHOICES Newsletter



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Permit #658  
Madison WI

## ...And the “Oh, Yeah’s...”

### CHOICES Newsletter

is published quarterly to provide information to consumers, families, guardians, and service providers about Self-Determination Services in Dane County.

### CHOICES by e-mail

Prefer to reduce paper coming in the mail? Choices newsletter is now available electronically via e-mail. If you would prefer to receive a PDF or link, please e-mail Stefanie Primm:  
[primm@waisman.wisc.edu](mailto:primm@waisman.wisc.edu)

### The Next Issue of CHOICES

will be out in May 2013. Contact the editor with ideas for articles before March 15. Articles due by April 5 or until the issue is full.

### To Place a Connections Ad:

Submit Connections Ads to:  
Stefanie Primm, Editor 122 E Olin Avenue Suite 100  
Madison WI 53713

263-5557, or  
[primm@waisman.wisc.edu](mailto:primm@waisman.wisc.edu)

We will run your ad for at least 3 issues unless you tell us otherwise.

### Announce a Transition:

Tell us about a new job, an Engagement, a marriage, a new place to live, or say goodbye to someone who has passed away.

### Choices is on the COW Website?!

Did you know that Choices newsletter has a fun color version that you can view online??

<http://cow.waisman.wisc.edu/publications.html>

Web versions do not include Connections ads or Transitions information.



### Contributors to this issue:

Dale Buttke, Monica Bear, Jeffrey Johnson, Cindy Wegner, Dora Norland, Dan Remick, Bill Worthy, and Catherine Clodius

### Please send your stories, comments and suggestions

Contributions, comments and suggestions are encouraged and may be directed to Stefanie Primm, Editor

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